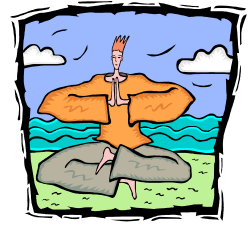


Workshop Presentation – Managing Stress



Due: Wednesday, December 11th at the start of class

Value: 20%

Course Learning Requirements: #3, 4 & 6

Introduction

The life of a first responder (and before that, a full-time college student) can be stressful. It is important to have ways to manage stress and take a break. In groups of three, prepare a 15- 20 minute presentation that teaches the class members about a stress-reducing activity.

Suggested topics (this is not an exhausted list)

- ~ meditation
- ~ cooking
- ~ yoga
- ~ creative writing or journaling
- ~ a martial art
- ~ running
- ~ breathing exercises
- ~ a hobby

Choose your topic carefully. Only one group can cover a topic. Once you have decided on a topic, have it approved by me.

Instructions

1. Define/explain your topic (maybe a bit of history or how it was developed, origins).
2. Describe the specific benefits of the activity (e.g. physical, emotional, and/or therapeutic).
3. Provide practical advice, guidelines, and tips for using the technique. Please give a demonstration and get audience participation.

Your presentation must be accompanied by a one page handout. The handout could list guidelines, tips, and/or resources about your activity. Be sure to credit your sources properly to avoid plagiarism.

Make enough copies of the handout that you can give one to each participant in the class. *Remember that you have printer capabilities, so you can print copies at any of the on-campus computer labs if you do not have such capabilities at home or your high school.

The presentations will be taking place on Wednesday, December 11th and 12th.

You will not get to choose the date you present (we will randomly select groups to present), so be sure you are ready to present on the 11th. If you cannot be in class on December 11th, please make arrangements with me to present the week before.

ENL1813a Evaluation – Managing Stress Presentation

Presentation /6

- appropriate introduction: team members introduced, activity well explained/defined
- good teamwork: clear evidence of having practiced, equal sharing of speaking duties
- appropriate conclusion: effective wrap-up, presentation ends strongly
- group members are engaging and enthusiastic

Content /10

- benefits of activity effectively and persuasively explained
- delivery of advice, guidelines, and tips is clear and thorough
- demonstration adds to understanding of activity and is well organized
- audience participation activity adds to understanding of activity and is well organized
- content is appropriate for audience interest and knowledge level

Fact Sheet /4

- good visual appeal
- sources (if any) referenced properly
- correct grammar, spelling, sentence structure
- organized, professional

/20

ENG4C Evaluation – Managing Stress Presentation

	Absent	Insufficient	Level 1 Limited	Level 2 Satisfactory	Level 3 Considerable	Level 4 Thorough/ Masterful
SPEAKING TO COMMUNICATE (02)						
LANGUAGE USAGE: (Content in terms of diction/ sentence structures / grammar / absence of slang / avoidance of fillers, especially 'like')						
EYE CONTACT: (Sustained / frequent / with all areas of audience / brief reliance upon cards, notes, power point, etc.)						
Non-Verbal Communication: (Facial expressions / hand gestures / physical movement / engagement of audience, etc.)						
USE OF VOICE: (Inflection / enunciation / volume / projection / pacing)						
DEVELOPING AND ORGANIZING CONTENT (W2)						
ORGANIZATION: (Length / intro + thesis, body + topic sentences, conclusion / well-rehearsed / smooth transitions between stages)						
PROVING THE THESIS: (Subject knowledge, Linking examples to thesis/ evidence of research / analysis & synthesis of information)						